

Retiree News

A Supplement to the Desert Airman

Friday, Oct. 25, 2002

Notes to Know

Mailing on hold

The quarterly *Retiree News* supplement to the *Desert Airman* will no longer be mailed. If alternate sources for funding the cost of postage are found, mailing will resume. In the meantime, the Retiree News supplement will continue to be published with the *Desert Airman* and will be available for pick-up on Davis-Monthan Air Force Base the last Friday of January, April, July and October.

Auto registration

D-M vehicle registration decals expiring in 2002 can now be renewed. A valid state vehicle registration form (temporary registrations are not accepted), proof of insurance, a valid state driver's license and a military or Department of Defense ID card are required. Motorcyclists should bring their safety cards. Vehicles can be reregistered at pass and registration, Bldg. 3200, Monday through Friday from 8 a.m. to 4 p.m. or at the visitor's center at the Craycroft Road gate Monday through Friday from 6 a.m. to 10 p.m. except holidays. For more information, call 228-3224.

Changes of address

Don't forget to inform the Retiree Activities Office of any changes in address so they can keep their address roster current. The RAO can be reached directly at 228-5100.

Pharmacy renovation

Maj. Michael Datena, 355th Medical Support Squadron pharmacy element chief, said to expect major renovation and upgrading of automation in the pharmacies in the coming months. Service will continue to be offered, but watch for notices about changes and be prepared for delays and temporary inconvenience during the renovation.

Online VA health information

A wealth of health information is

See *Notes*, Page 3

Sleep apnea can be deadly

Satisfying sleep may be difficult and possibly even deadly for individuals with sleep apnea, a disorder that causes breathing to momentarily stop during sleep.

Twelve million Americans suffer from the condition, which has also been linked to increased risk for stroke, heart attack and high blood pressure.

Often people do not realize that they have sleep apnea, but will simply think they are overly tired or not sleeping well. This can be a deadly mistake.

Sleep apnea sufferers may also be awakened

many times during the night, gasping for breath and unable to obtain the deep sleep necessary to revitalize the body. The disturbed sleep can also cause irritability, problems with concentration, dull headache and grogginess.

Symptoms of sleep apnea include:

- ◆ Loud snoring
- ◆ Gasping for air
- ◆ Nightmares
- ◆ Waking up frequently during the night
- ◆ Excessive daytime sleepiness

See *Sleep Apnea*, Page 3

VITA, RAO in need of volunteers

The Davis-Monthan Air Force Base Volunteer Income Tax Assistance program seeks people who are looking for an interesting and challenging way to volunteer.

The Internal Revenue Service, the 355th Wing Legal Office and the Retiree Activities Office jointly sponsor the D-M VITA program. VITA volunteers provide help to taxpayers with questions and assist them in preparing and filing federal and state tax returns free of charge. There is also a need to staff the reception desk.

The IRS, the Arizona Department of Revenue and VITA provide free training and materials. Volunteers attend a three-day training course in January and generally volunteer in the office one day each week from February through April 15.

Scheduling is very flexible to accommodate

a volunteer's outside commitments.

Those who are interested in volunteering for VITA should call Armen Dermen at 749-4812 or Tom Rankin at 885-4218.

In addition to VITA, the Retiree Activities Office is always in need of volunteers for other programs. If you have time and would like to volunteer, call the RAO Monday through Friday from 9 a.m. to 2 p.m. at 228-5100 and tell the volunteer about your interests and talents. The RAO can also be reached at Retiree Activities Office, 5345 East Madera St., DMAFB, AZ 85707 or through email at retired@dm.af.mil. To visit the RAO, enter the Craycroft Road gate and turn right onto Madera. It is the third building on the right.

If the available RAO programs don't interest you, you'll be referred to the base volunteer program office for more options.

The power of education: *How heart attack victims can help themselves*

If an individual is alone and suddenly experiences symptoms of a heart attack (including but not limited to; severe pain in the chest that starts to radiate out to an arm, up into the jaw, etc.) there is something he or she can do until help arrives.

When a person's heart stops beating properly and they begin to feel faint, they usually have only about 10 seconds left before losing consciousness.

However, at that point a victim can help himself or herself by coughing repeatedly and very vigorously.

A deep breath should be taken before each

cough, and the cough must be deep and prolonged. A cough must be repeated about every two seconds without letup until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs, and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can help themselves while waiting for an ambulance, or even get to a nearby hospital if driving when the attack occurs.

Senior Companion Program offers assistance

The Senior Companion Program currently has positions available for seniors (60 years of age and older) who qualify.

Senior companions reach out to frail, older and disabled adults by providing friendship, practical assistance and respite relief to family members.

Eligible Senior Companions receive:

- ◆ Educational training and workshops

- ◆ Tax-free stipend of \$2.65 per hour for service time

- ◆ Reimbursement for approved travel and meal expenses

- ◆ Additional accident and liability insurance coverage during volunteer service

SCP is sponsored by Family Counseling Agency, and is federally funded by the Corporation for National Service.

SCP is committed to a policy of equal opportunity and non-discrimination for volunteers or in the operation of its program on the basis of race, creed, color, national origin, gender identity, sexual orientation, age, political affiliation, religion or disability.

For information on the Senior Companion Program, please call Ginger Larsen or Sharon Harrington at 327-4583.

Beat the flu

The shipment of the influenza vaccine for this year's Defense Department influenza immunization program recently arrived. The following people, who are considered to be in a high risk category for severe illness, are encouraged to get their flu shots soon:

- ◆ Those 65 years and older
- ◆ Children 6 to 23 months old
- ◆ Those in the household or a caregiver of someone at high risk
- ◆ Adults and children with a chronic health condition including pulmonary conditions and chronic obstructive pulmonary disorder,

cardiovascular disease, metabolic conditions and Renal (kidney) Dysfunction

- ◆ Women who are more than 12 weeks pregnant

- ◆ Health care workers and household contact or caregivers of a child under 2 years old

All other individuals should receive their shots beginning in November.

Check with your physician or watch for influenza clinics throughout the community at grocery stores, drug stores, etc. for availability of flu shots.

For more information, refer to the Oct. 18 edition of the *Desert Airman*.

Telecare gives reassurance

The Northwest Interfaith Center provides Telecare, a free service that provides daily calls to their members and offers reassurance to elderly, disabled and family members.

Telecare is a program in which volunteers place daily phone calls, usually between 8 a.m. and 9 a.m., to determine if the individual is feeling well and functioning. Calls are usually made Monday through Friday; however, weekend calls are

made to those who request them.

Recipients of calls usually include those who live alone, are disabled with no family close, are in a nursing home or are essentially homebound due to ill health or advanced age.

If you or someone you know could benefit from this service, or if you are interested in volunteering for Telecare, call 297-6049, Monday through Friday from 9 a.m. to 4 p.m.

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Sleep Apnea

Continued from Page 1

Along with these symptoms, sleep apnea also causes oxygen levels in the blood to drop dangerously low, while carbon dioxide levels rise. Researchers believe that this lack of oxygen is what may lead to heart attack and stroke. The cause of sleep apnea may include a number of factors: fatty tissue in the throat, enlarged tonsils or adenoids or an unusually long uvula (the fleshy lobe in the middle of the back of the mouth). These factors may close the throat and obstruct airflow, causing apnea to take place.

If you suspect you or a member of your family has sleep apnea, speak with a sleep disorder specialist to arrange for testing and the best therapy for your needs.

Continuous positive airway pressure is an option of treatment where patients wear a sealed mask over the nose and mouth during sleep. The mask is connected to a blower forcing air through the nasal passages and keeping breathing pathways open. Several different kinds of surgical procedures may also be used for treatment. For mild cases of sleep apnea, lifestyle changes may be used to avoid further complications. Changes include weight loss, avoidance of alcohol and sedatives before sleep and avoidance of sleeping on your back.

For additional information, contact the American Sleep Apnea Association at 1424 K Street NW #302, Washington DC 20005; 1-202-293-3650 or visit their Web site at www.sleepapnea.org.

(Courtesy of National Stroke Association, "Be Stroke Smart"; Pima Council on Aging, "Never Too Late")

New FDA restrictions for blood donors

The Food and Drug Administration added the following restrictions last year on people wishing to donate blood:

- ◆ Traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more.

- ◆ Traveled or resided in Europe from 1980 to the present for a cumulative period of six

months or more.

- ◆ Received a blood transfusion in the United Kingdom since 1980.

- ◆ Received a bovine insulin product produced in the United Kingdom since 1980.

Those eligible to donate are encouraged to continue to do so. Contact the American Red Cross at 917-2820 to arrange to give blood.

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Continued from Page 1

available online at the Health Informatics Web site: http://www.va.gov/visn18/HI/Health_Informatics.htm. The site has over 5,000 articles and topics specific to adults, women, seniors, behavior, heart, eye, sports and medications. The health information is not intended to replace a visit to a doctor but offer a convenient resource to help people be more informed when making health decisions and aid in following a doctor's treatment recommendations.

Society of Military Widows

The Society of Military Widows, Chapter 14, meets for lunch at the Davis-Monthan Air Force Base officer's club Dec. 21 and Jan. 18. Social hour begins at noon and is followed by lunch, which costs \$8.50. The society welcomes widows of service members of all ranks and services who died on active duty and in retirement. For reservations, call Luise Bell, 790-6775, one-week prior to the meeting. For more information on the society, call Shirley Degan at 574-6020.

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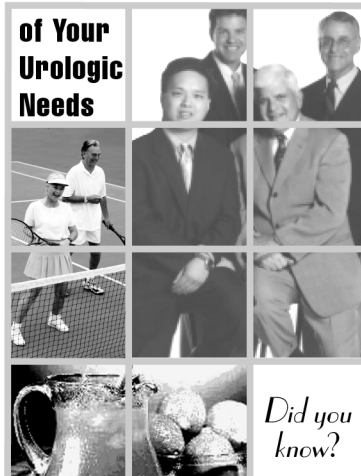


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Barnes believes parents who use
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skills have been taught to parents
of 2 to 5 year-olds in workshops
offered by Girls and Boys Town
since 1996 and are now available
to any parent through the book just
published by Boys Town Press.

When a parent realizes that "I
can correct my child, he or she
may get upset with me, but the
child is still going to love me," the
parent gains confidence, according
to Barnes. The book shows parents
how to stay calm, communicate
clearly, set boundaries, have rea-
sonable expectations, give consis-
tent consequences, and teach a
young child self-control and other-
skills.

Parenting toddlers can be a time
of high conflict. Many couples are
just finding out that they have very
different parenting styles — one
may see the other as either too
lenient or too strict, says Barnes. It
may not be an exaggeration, she
adds, to say that agreeing to use
Common Sense Parenting® tech-
niques "saves marriages. It can
lead to a lot less strife."

Parents, according to Barnes,
list many of the same problems

with their toddlers — acting up at
bedtime and meals, throwing tem-
per tantrums, refusing to take "no"
for an answer, etc. In dealing with
these issues, however, parents also
make common mistakes — treating
children like "little adults," giving
kids choices they're not equipped to
make, and setting expectations too
high.

Young children, she says, need
lots of reminders, assistance, mod-
eling, and patience. The book pro-
vides step-by-step information on
how to do these things. Also
included are answers to dozens of
questions frequently asked by par-
ents of toddlers.

Barnes is the mother of two and
stepmother of four children and has
been a Common Sense Parenting
trainer for 13 years.

*Common Sense Parenting of
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able from the Boys Town Press,
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